Vaccines and Your Family

No matter where you are on your pregnancy journey, vaccines are a safe and effective way to protect yourself and your child. Here's what you need to know:

Vaccines protect people by teaching the immune system how to defend against germs, helping their body create antibodies that fight off infection and protecting them from severe diseases.

Vaccines are very important for your baby, Because their immune system isn't fully developed at birth, vaccinating yourself while pregnant can keep them from getting very sick.

Vaccines protect your baby by helping build up their natural defenses. When you get vaccinated while pregnant, you provide short-term immunity to your baby after their born. That immunity can last until children are six months old, when they're eligible for flu and COVID-19 vaccines.

The best way to protect your family? Stay up to date on vaccines.

The COVID-19 Vaccine

The COVID-19 vaccine is just like other vaccines. It prevents serious illness and can help keep you and your baby out of the hospital.

It's safe and effective. More than 676 million doses of COVID-19 vaccine have been given in the United States from December 2020 to May 2023.

COVID-19 and My Baby

Flu and COVID-19 vaccines are available to everyone age six months and older. Getting vaccinated can help your baby:

- Stay healthy, so parents can stay at work
- Sleep better by avoiding illness
- Keep your baby out of the hospital
- Spend less time at the doctor's office

What About Side Effects

It's okay to be worried about side effects—you want the best for your baby. Thankfully, serious side effects that could cause a long-term health problem are extremely rare following any vaccination, including the COVID-19 vaccination.

Some side effects can occur after any type of vaccination, but they are usually mild and short-term.

The risk of serious side effects is very low—but there are a lot of benefits to your baby's health.

Continue the conversation

with your trusted healthcare provider.

Learn more:
boston.gov/CovidFacts

BOSTON PUBLIC HEALTH COMMISSION

Know the Facts.
Find the **Truth.**

Vaccine Facts for You and Your Child

Vaccines and Pregnancy

Pregnant and wondering if you should get vaccinated?

Getting vaccines while pregnant can keep you and your baby healthy, even after birth.

Studies show that getting vaccinated for flu and COVID-19 during pregnancy can protect babies younger than six months from getting sick with flu.

Like flu, COVID-19 infection can cause significant health consequences among pregnant people. When pregnant people get sick with COVID-19, they are at higher risk of preterm delivery and stillbirth. Newborn children who get sick from COVID-19 are also at risk for developing severe illnesses and hospitalization.

Vaccines and Fertility

If you're trying or hoping to get pregnant, it's important to look after your health and the health of your baby. Vaccines can play a key part.

There is no evidence that vaccines, including flu and COVID-19, cause any problems becoming pregnant now or in the future. Many people have gotten pregnant after receiving the flu and/or COVID-19 vaccine and had successful deliveries. In fact, vaccines help prevent serious complications both during and after pregnancy.

Baby and Parent Benefits

Getting vaccinated helps protect you and protects your baby when they are most at risk. Vaccines work by helping birthing parents develop antibodies that give them an added layer of defense against severe diseases.

Though some vaccines are given right after your child is born, others are given later. If you're pregnant and vaccinated, or vaccinated and able to breastfeed/chestfeed, your antibodies are shared with your baby and can protect them from viruses until they're old enough to be vaccinated.

Newborn babies are at high risk for developing serious flu- and COVID-19-related complications. Vaccines can keep them healthy.

Hesitation and Vaccination

It's okay to have concerns about vaccines. Your and your child's health is important to you.

The good news is that OBGYNs/CNMs (Certified Nurse Midwives) and pediatricians strongly recommend vaccines for people who are pregnant or want to become pregnant, and pediatricians also strongly recommend vaccines for children. Why? Because they are safe and can prevent severe illness, hospitalization, and death.

The best way to get the information you need is to talk to a trusted healthcare provider. They'll discuss your concerns, help you understand how vaccines work, so you can decide for your family.